

HOUSE JOINT RESOLUTION NO. 17

INTRODUCED BY D. MCALPIN

A JOINT RESOLUTION OF THE SENATE AND THE HOUSE OF REPRESENTATIVES OF THE STATE OF MONTANA ENCOURAGING THE BOARD OF PUBLIC EDUCATION TO ~~REQUIRE 4 YEARS OF PHYSICAL EDUCATION~~ CONSIDER THE BENEFITS OF INCREASING HEALTH ENHANCEMENT IN ~~HIGH SCHOOL SCHOOLS~~ AND ENCOURAGING HIGH SCHOOLS TO PROVIDE STUDENTS WITH MORE OPPORTUNITIES FOR PHYSICAL ACTIVITY.

WHEREAS, obesity in children is a national epidemic and can lead to chronic diseases, such as heart disease, stroke, and diabetes; and

WHEREAS, poor dietary habits and inactivity contribute to the increase of obesity in youth; and

WHEREAS, today's youth are considered the most inactive generation in history, caused in part by reductions in school physical education programs ~~and lack of adequate community recreational facilities~~; and

WHEREAS, nearly half of all high school students are not even enrolled in a physical education class, and only 29% OF ALL HIGH SCHOOL STUDENTS AND 23% OF ALL 7TH AND 8TH GRADE STUDENTS attend daily physical education classes; and

WHEREAS, 18% of Montana high school students are overweight or at risk of becoming overweight; and

WHEREAS, Montana high school AND JUNIOR HIGH SCHOOL students are required to take only two half-year classes of health enhancement, including physical education; and

WHEREAS, HEALTH ENHANCEMENT IS PART OF THE MONTANA ACCREDITATION STANDARDS UPON WHICH A QUALITY EDUCATION IS BUILT; AND

WHEREAS, participation in physical activity and sports can promote social well-being, as well as physical and mental health, among young people.

NOW, THEREFORE, BE IT RESOLVED BY THE SENATE AND THE HOUSE OF REPRESENTATIVES OF THE STATE OF MONTANA:

That the Montana Legislature encourage the Board of Public Education to ~~require 4 years of physical education~~ CONSIDER ADDITIONAL HEALTH ENHANCEMENT for all high school students.

1 BE IT FURTHER RESOLVED, that the Montana Legislature encourage local high schools to provide
2 greater opportunities for students to participate in physical activities and sports programs, including intramural
3 programs.

4 BE IT FURTHER RESOLVED, that the Secretary of State send a copy of this resolution to the Board
5 of Public Education and to the Superintendent of Public Instruction for distribution to every high school DISTRICT
6 in Montana.

7 - END -